subpage ("Active HR Zone"), and a "heart rate variability" data display subpage ("HR variability SDNN=70 ms").

[0275] In FIGS. **10** through **11**, the data display pages/data display subpages shown are examples of data display pages/data display subpages that may be shown on a display of a biometric monitoring device. Such a biometric monitoring device may be capable of differentiating between at least two different types of input. In response to receiving the first type of input, e.g., a button press, the biometric monitoring device may cause the display to advance through the sequential display order and to display, for each data display page, the data display subpage that is indicated as representing the data display page. For example, the "12-hour time" data display subpage is currently representing the "time" data display page in FIG. **10**, and when a user advances to the "time" data display page, the "12-hour time" data display subpage would then be displayed by the display to represent the "time" data display page. Correspondingly, when the user then advances to the "steps" data display page, e.g., by pressing the button again, the "steps taken" data display subpage may be displayed to represent the "steps" data display page.

[0276] In response to receipt of the second type of input, e.g., a double tap of an object such as a fingertip on the housing of the biometric monitoring device, the processor or processors of the biometric monitoring device may cause the display to advance to the next data display subpage in a sequential subpage display order for the currently-displayed data display page. For example, if the "steps" data display page, represented by the "steps taken" data display subpage, is currently shown on the display of a biometric monitoring device and the biometric monitoring device receives the second type of input, e.g., a double-tap on the housing of the biometric monitoring device, the processor or processors of the biometric monitoring device may cause the display to advance to the "distance" data display subpage. Thus, the "steps" data display page is still shown/represented on the display of the biometric monitoring device, but the actual content that is displayed by the "steps" data display page is governed by the data display subpage. Typically, the content of the various data display subpages that may represent a data display page is related to the data display page that the data display subpages represent.

[0277] FIG. **23** depicts a flow diagram of a technique for navigating data display pages and data display subpages.

[0278] Technique **2300** in FIG. **23** begins in block **2302** with a determination as to whether a page advance request is received by the processor or processors of a biometric monitoring device. If the determination is made in block **2302** that a page advance request has been received, then the technique may proceed to block **2306**. In block **2306**, the sequential display order for a plurality of data display pages may be determined. This may occur in a manner similar to that discussed above with respect to other implementations described herein, e.g., such as the manner described with respect to FIG. **18**. The technique may then continue to block **2308**, where the processor or processors may cause the display to advance to the data display page that is next in the sequential display order with respect to the data display page that is displayed when the page advance request is received.

[0279] If a determination is made in block **2302** that a page advance has not been received, a determination may then be made in block **2304** as to whether a subpage advance request has been received. If the determination is made in block **2304** that a subpage advance request has been received, then the technique may proceed to block **2310**. In block **2310**, the sequential subpage display order for a plurality of data display subpages may be determined. This may occur in a manner similar to that discussed above with respect data display page sequential display orders in other implementations described herein, e.g., in a manner similar to that described with respect to data display page sequential display order as described with respect to FIG. **18**. The technique may then continue to block **2312**, where the processor or processors may cause the display to advance to the data display subpage that is next in the sequential subpage display order with respect to the data display subpage that is displayed when the subpage advance request is received.

[0280] If a subpage advance request is received while the data display subpage that is last in the sequential subpage display order is displayed, then the data display subpage that is first in the sequential subpage display order may be treated as the next data display subpage in the sequential subpage display order. Alternatively, the sequential subpage display order may reverse.

[0281] If a determination is made in block **2302** that a page advance has not been received, then the technique may return to block **2302** and be ready to receive potential page advance requests and subpage advance requests. Similarly, the technique may also return to block **2302** after the actions in blocks **2308** or **2312** are completed.

[0282] Generally speaking, the techniques and functions outlined above may be implemented in a biometric monitoring device as machine-readable instruction sets, either as software stored in memory, as application-specific integrated circuits, field-programmable gate-arrays, or other mechanisms for providing system control. Such instruction sets may be provided to a processor or processors of a biometric monitoring device to cause the processor or processors to control other aspects of the biometric monitoring device to provide the functionality described above.

[0283] Unless the context (where the term "context" is used per its typical, general definition) of this disclosure clearly requires otherwise, throughout the description and the claims, the words "comprise," "comprising," and the like are to be construed in an inclusive sense as opposed to an exclusive or exhaustive sense; that is to say, in a sense of "including, but not limited to." Words using the singular or plural number also generally include the plural or singular number respectively. Additionally, the words "herein," "hereunder," "above," "below," and words of similar import refer to this application as a whole and not to any particular portions of this application. When the word "or" is used in reference to a list of two or more items, that word covers all of the following interpretations of the word: any of the items in the list, all of the items in the list, and any combination of the items in the list. The term "implementation" refers to implementations of techniques and methods described herein, as well as to physical objects that embody the structures and/or incorporate the techniques and/or methods described herein.

[0284] There are many concepts and implementations described and illustrated herein. While certain features, attributes and advantages of the implementations discussed herein have been described and illustrated, it should be understood that many others, as well as different and/or similar implementations, features, attributes and advantages of the present inventions, are apparent from the description and illustrations. As such, the above implementations are merely exemplary. They are not intended to be exhaustive or to limit